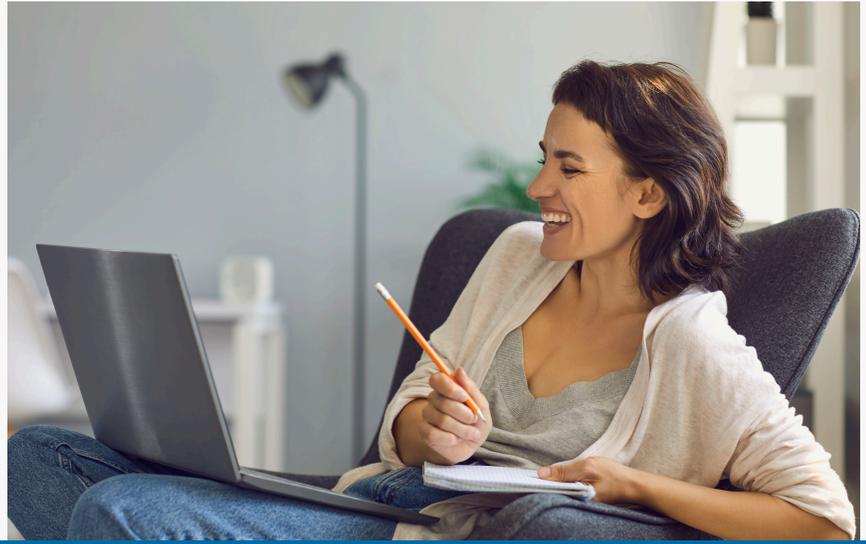


# Wellness Coaching

Beginning in February 2026

Discover ways to make lasting lifestyle changes.



Schedule a 20-minute virtual meeting with a Wellness Coach to help you tap into your motivation so you can strengthen your commitment to take action. They'll work with you to eat healthier, be more physically active, reduce stress, and improve sleep habits.

## Coaching Highlights

Personalized Guidance

Get Support

Goal Setting

Sustainable Habits

Positive Mindset

Holistic Approach

Sign up for three 1:1 Wellness Coaching sessions. This is a virtual event, a Teams link will be shared in a follow-up email after registering.

You do not need to be a KP member to participate.



[Schedule Today!](#)

Questions? Visit [sfhss.org/wellness-coaching](https://sfhss.org/wellness-coaching)

